

Power of Music

- Sharing of Music Therapy at CASS Residential Aged Care Facility

Music is a universal language. You can communicate with people across different cultural and linguistic boundaries. A lot of research has proved that music does have the power to evoke our deep primal feelings and reach deep into our evolutionary past. Music can make your heart sing!

CASS Residential Aged Care Facility (RACF) is one of the aged care settings trying to apply music therapy into the daily life of the residents. Soothing music helps the elders enter a more relaxed state of physical and mental functioning, on top of the quality aged care services provided. A conversation is made with Ms. Lee, a music therapist who brings music to the aged care facility.

Ms. Lee is excited to share the magic of music, "Music therapy plays a spectacular role in improving the wellbeing and functioning of the seniors, assisting them in living a quality life. It also has a way of sparking wonderful and cherished memories." "Most of the time, I like to incorporate music into our daily lives, start from asking the elders some questions about today's weather, festivals, popular old songs or something that happened in the past which they were familiar with, to initiate their involvement and interaction."

"Their cognitive abilities and memory can be activated and developed through responding to my questions. Music and melody naturally provide the elders a platform to trace their embedded memories, good and bad. Therefore, mental health of the seniors can be greatly improved by sharing the precious memories as well as expressing the feelings and emotions through music communications." explained by Ms. Lee.

"In my music therapy, the seniors will be invited to play different musical instruments such as djembe, piano, guitar and various kinds of percussion instrument instead of being the audiences only. It is not surprising to see many of them are talented musicians. I like to dub in some background music to echo with the rhythm and melody they play, this kind of ad-lib live music makes the whole experience more fun and inspiring."

Ms. Lee said, "The elders are greatly stimulated by this kind of music improvisation. It helps develop their motor skills, they can use their ears and eyes as well as the large and small muscles all at the same time. Musical activity significantly enhances their coordination, helps their body and mind to work together." Ms. Lee continued, "I like to guide the elders to make some body movement with the music, such as ribbon dancing. Repeated physical movement aids them in remaining flexible and energised, keeping them physically capable in self-care."

"Music therapy can definitely give the elders a way to express themselves, to be inspired and uplifted by recalling the precious and sweet memories. Music brings people together. The elders can create, enjoy, interact and build up healthier lives under the beauty of music."

(We appreciate your support. Please contact CASS Headquarter at (02) 9789 4587 for enquiry.)



(Photo: Music therapy at CASS Residential Aged Care Facility in Campsie)